

RECREATION CLASSES

For the active child with energy to burn

GymFun
GymSkills
GymSkills Advanced
Triple T



739 George St. South Windsor
0435 155 834
www.kstp.com.au

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) provides a safe, fun environment for children of all ages and abilities.

Operating since 2009, KSTP is a family run business with owners Dzmitry and Rebecca Kachan locals in the Hawkesbury.

Our team of experts are dedicated to the disciplines of Tumbling, Double Mini Tramp & Trampolining, with all coaches holding a current working with children check as well as their appropriate coaching accreditation through Gymnastics Australia.

At KSTP, our focus is on providing a quality experience for all our members by nurturing each students strengths and instilling a sense of confidence and achievement.

Our programs focus on fitness and strength, rather than body image, which we believe is a healthy attitude for the development of your child whatever program they participate in and is perfect for both boys and girls.

KSTP put as much emphasis on quality recreation programs as we do for our elite levels. All programs and plans are created under the guidance of our head coach ensuring children at all levels continually learn and develop their skills.

Our head coach is the NSW and Australian tumbling coach, developing National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling, competing at the World Age Group Competition in 2013, 2015, 2017, 2018 each year having many finalists and bringing home medals including Gold and Silver.

We look forward to welcoming you to our centre and will be happy to discuss class options with you.

Dima & Rebecca Kachan





LaunchPad - A Time To Move

KSTP are pleased to be part of LaunchPad, an initiative of Gymnastics Australia.

LaunchPad programs have been expertly designed by Gymnastics Australia to cater for all stages of physical, social and cognitive development.

LaunchPad's programs rely on safe and enjoyable activities that challenge participants, relative to their developmental stage.

KSTP use the LaunchPad initiative for our GymFun and GymSkills programs.

[Click here for Gymnastics NSW video link](#)



Classes

GymFun - Junior Recreation (5-7 year old's)



GymFun is just that- FUN! If kids are enjoying what they're doing, they're more likely to want to do it again. In GymFun, we focus on fundamental movement patterns that help kids progress into more advanced skills or sports. The activities in GymFun are safe and engaging and encourage kids to work with others and build self-esteem. This is a great program to gain understanding about general gymnastics skills.

GymSkills - Intermediate Recreation (8-11 year old's)



As children develop more control of their bodies through fundamental movement, we can start to introduce activities more specific to certain sports, without being too serious or repetitive. Kids involved in GymSkills will improve their fitness while still having fun. The skills learnt are specifically related to trampoline and tumbling along with the safe practices of them. If a child thinks they want to move into a competition program we suggest doing 2 days of GymSkills as a transition.

GymSkills Advanced (8-12 year old's)

GymSkills Advanced will take what has already been learned in GymSkills and work in a more focussed program to improve technique and execution. This can become an important step in the pathway towards our Open Intermediate Levels program as it will adopt a competition class format. For those that don't wish to compete this class will allow them a chance to progress further in a program that will encourage all participants to improve.

Triple T - Teens Tumbling & Trampoline - Teens Recreation (12-15 year old's)

Our Teens Tumbling & Trampoline class is a non competitive program. Triple T focuses on building skills, fitness and strength while enjoying the company of like minded teens. Participants will use some of the most sophisticated equipment in Australia to assist with learning some new tricks and exciting skills on the trampolines & tumbling air floors.

Recreation Classes Timetable

PROGRAM	GYMFUN	GYMSKILLS	GYMSKILLS ADVANCED	TRIPLE T
Monday	4.00pm - 5.30pm	4.00pm - 5.30pm	5.30pm - 7.30pm	
Tuesday	3.45pm - 5.15pm	4.00pm - 5.30pm		6.00pm - 8.00pm
Wednesday	4.00pm - 5.30pm	3.45pm - 5.15pm		
Thursday	3.45pm - 5.15pm	3.45pm - 5.15pm		
Saturday	9.00am - 10.30am	9.00am - 10.30am		

Price Structure

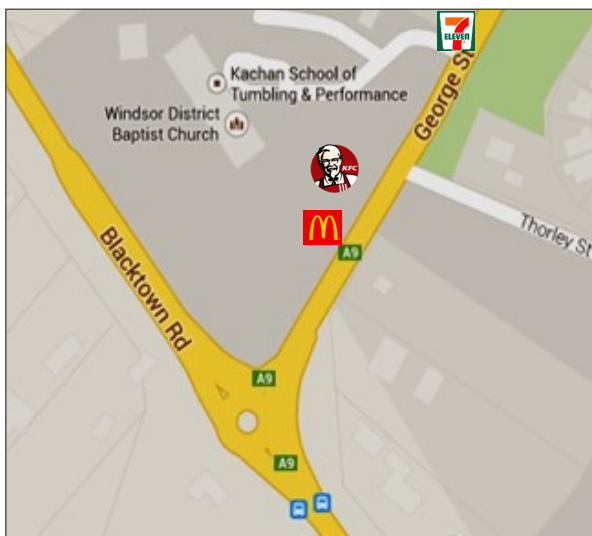
All recreation classes are required to pay the annual Gymnastics NSW affiliation/insurance fee of \$57. This fee is valid over a calendar year.

There is a one-off club registration fee of \$38 this includes a club t-shirt.

Classes are paid by the term and must be paid on or by the first class of the term. We offer makeup classes for missed classes within the term, these are available for GymFun and GymSkills and GymSkills Advanced only.

Class costs are as follows:

GymFun	\$20 per 1.5 hour lesson
GymSkills	\$20 per 1.5 hour lesson
GymSkills Advanced	\$28 per 2 hour lesson
Triple T	\$28 per 2 hour lesson



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**KSTP is proud to be recognised as a
Gymnastics NSW Tumbling Centre of Excellence**